

# **Mashpee Council on Aging**

## **Directory of Service Providers for Seniors/Older Adults**

### **Adult Education/Recreation**

- ◆ Academy of Life Long Learning @ Cape Cod Community College 1-774-330-4400, Website: <http://capecodall.org/>
- ◆ Mashpee Recreation Department: 1-508-539-1416, Website: <https://www.mashpeema.gov/recreation>

### **Alzheimer and Caregiver Support**

- ◆ Family Caregiver Support Program; Elder Services of Cape Cod & the Islands (Main office): 1-508-394-4630 or 1-800-244-4630, Website: <http://www.escci.org/>
- ◆ Cape Cod Healthcare Dementia & Alzheimer Support Programs, 1- 774-552-6080, Website: [dementiainfo@capecodhealth.org](mailto:dementiainfo@capecodhealth.org)
- ◆ Alzheimer's Association, SE Massachusetts Chapter, 1-508-880-0055, 1- 800-272-3900, Website: <http://www.alz.org/manh/index.asp>
- ◆ Alzheimer's Family Support Center of Cape Cod, 508-896-5170, Website: <http://www.alzheimerscapecod.org>

### **Disabilities - Individuals with Disabilities**

- ◆ Cape Abilities 1-508-778-5040, Website: <http://www.capeabilities.org/>
- ◆ Cape Organization for the Rights of the Disabled (CORD) 1-508-775-8300, Website: <http://www.cilcapecod.org/>
- ◆ Community Connections 1-800-308-1321, 1-508-477-4188, Website: [www.communityconnectionsinc.org](http://www.communityconnectionsinc.org)
- ◆ Massachusetts Commission for the Blind, 1-617-727-5550, (Massachusetts Only Voice 1-800-392-6450; Massachusetts Only TDD 1-800-392-6556, Website: <http://www.mass.gov/eohhs/gov/departments/mcb/>
- ◆ Massachusetts Commission for the Deaf & Hard of Hearing Main Voice: 617-740-1600, TTY: 617-740-1700, Video Phone: 617-326-7546, Toll Free Voice: 1-800-882-1155, Toll Free TTY: 1-800-530-7570, Website: <http://www.mass.gov/eohhs/gov/departments/mcdhh/>
- ◆ Sight Loss Services of Cape Cod, 508-394-3904, Website; <http://sightloss.org/>

### **Domestic Violence Resources**

- ◆ Domestic Violence Specialist, Mashpee Police Department, 1-508-539-1486, Website: <https://www.mashpeema.gov/police>
- ◆ Independence House 1-508-771-6507, TTY 1-508-771-6782, 24-hour Hotline: 800-439-6507, Website: <http://independencehouse.org/>
- ◆ Safelink: 24/7 Crisis Hotline: Dial 771 in MA or 877-785-2020

### **Elder Abuse and Neglect and Elder Self-Neglect**

- ◆ Elder Abuse Hotline: 1-800-922-2275 (Voice, TTY) If you need to report elder abuse or neglect or elder self-neglect. Website: <https://www.mass.gov/reporting-elder-abuse-neglect>

## Employment Services

- ◆ Cape Cod Community College, Adult Learner Services 1-508-362-2131, Website: <http://www.capecod.edu/web/adult-learner>
- ◆ Job Training Employment Corp. (JTEC), Hyannis 1-508-790-0400, Website: <http://jtecmeyanscapecodjobs.com/>
- ◆ Senior Community Service Employment Program, Elder Services of Cape Cod and the Islands, 1-800-244-4630, 508-394-4630 Website: <http://www.escci.org/>

## Financial Assistance

- ◆ Cape Cod Times Needy Fund 1-508-778-5661, 1-800-422-1446, Website: <http://needyfund.org/>
- ◆ St. Vincent DePaul/Christ the King 1-508-477-7700, Website: <http://christthekingparish.com/st-vincent-de-paul>
- ◆ Salvation Army 1-508-775-0364, Web Site: [www.salvationarmyusa.org/](http://www.salvationarmyusa.org/)
- ◆ Massachusetts Department of Transitional Assistance, Hyannis 1-508-862-6600, Website: <http://www.mass.gov/eohhs/gov/departments/dta/>
- ◆ Salvation Army, Hyannis 1-508-775-0364, Website: <http://massachusetts.salvationarmy.org/MA/Hyannis?openDocument&charset=utf-8>

## Food Assistance

- ◆ Christ the King Food Pantry, Mashpee 1-508-477-7700
- ◆ Falmouth Service Center 508-548-2794, Website: <http://www.falmouthservicecenter.org/food-pantry-Falmouth-Service-Center.html>
- ◆ Meals on Wheels and Senior Dining Centers, Elder Services of Cape Cod and the Islands 1-508-394-4630 or 1-800-244-4630, Website: <http://www.escci.org/>
- ◆ Barnstable County Food Access and Resources 1-508-375-6613, website: <https://www.barnstablecountyhealth.org/community-tips/food-access-resources>
- ◆ Mashpee Council of Aging, SNAP program for residents age 60 & older 1-508-539-1440 or Senior Assistance Line 1-833-712-8027, Website: <https://www.mass.gov/doc/english-snap-application-for-seniors>

## Fuel Assistance

- ◆ Mashpee Council on Aging, residents age 60 & older 1-508-539-1440
- ◆ Mashpee Human Services 1-508-539-1411, website: <https://www.mashpeema.gov/human-services/pages/fuel-assistance-2020-2021>
- ◆ Cape & Islands Self-Reliance Corp., 1-508-563-6633, Website: <http://selfreliancefuelcoop.org/>
- ◆ South Shore Community Action Council, Inc., Main Office, 1-508- 746-6707, Hyannis Office 1-508-778-0870, Website: [http://www.sscac.org/fuel\\_assistance/](http://www.sscac.org/fuel_assistance/)

## General Information

- ◆ Mass Options - Your connection to local aging and disability services – 1-800-243-4636, Website: <http://massoptions.org/massoptions/>
- ◆ Barnstable County Health and Human Services, 1-508-375-6628, (TTY: 1-508-362-5885) Website: <http://www.bchumanservices.net/>
- ◆ Community Action Committee 1-508-771-1727, Web Site: <http://www.cacci.cc/>
- ◆ Elder Services of Cape Cod and the Islands: 1-800-244-4630, 508-394-4630, Website: <http://www.escci.org/>
- ◆ Seniors on Cape Cod, 1-508-398-8612, Website: [http://www.seniorsoncapecod.org/community\\_care/Welcome.html](http://www.seniorsoncapecod.org/community_care/Welcome.html)
- ◆ Social Security, 1-800-772-1213, (TTY 1-800-325-0778), Website: <http://www.ssa.gov/>

## Health Insurance

- ◆ Mass Health (Massachusetts Department of Medical Assistance) 1-800-841-2900, TTY: 1-800-497-4648, Website: <http://www.mass.gov/eohhs/gov/departments/masshealth/>
- ◆ Cape Cod and Islands Regional SHINE (Serving the Health Information Needs of Everyone) Office 1-508-375-6762, Website: <https://www.bchumanservices.net/initiatives/shine/>
- ◆ Medicare, 1-800-633-4227, Website: <https://www.medicare.gov/>

## Hospitals and Health Centers

- ◆ Cape Cod Hospital 1-508-771-1800, Website: <http://www.capecodhealth.org/locations/cape-cod-hospital/>
- ◆ Falmouth Hospital 1-508-548-5300, Website: <http://www.capecodhealth.org/locations/falmouth-hospital/>
- ◆ Spaulding Rehabilitation Hospital Cape Cod 1-508-833-4000, Website: <http://www.spauldingrehab.org/locations/sandwich-ma/>
- ◆ Community Health Center of Cape Cod 508-477-7090, Website: [www.chcofcapecod.org](http://www.chcofcapecod.org)

## Housing

- ◆ Housing Assistance Corporation 1-508-771-5400, Website: <https://haconcapecod.org/>
- ◆ Mashpee Housing Authority 1-508-477-6202, Website: <https://mashpeehousing.org/>
- ◆ St. Joseph House Shelter, Hyannis 1-508-997-3202, Website: <https://www.cssdioc.org/sr-rose-network/>

## Legal Assistance

- ◆ South Coastal Counties Legal Services, Hyannis 1-800-742-4107, 1-508-775-7020, Website: <http://www.sccls.org/>

## Mental Health Resources and Suicide Prevention

- ◆ Fairwinds Clubhouse, 1-508-540-6011, Website: <https://www.fhr.net/our-services/clubhouses/fairwinds>

- ◆ Mashpee Human Services 1-508-539-2542 Website: <https://www.mashpeema.gov/human-services>
- ◆ National Alliance for the Mentally Ill (Hyannis Office) 1-508-778-4277, Website: <http://www.namicapecod.org>
- ◆ Massachusetts Department of Mental Health (Southeast Area Office)- 1-508-897-2000, Emergency Crisis 24/7 – 877-382-1609 Website: <https://www.mass.gov/orgs/massachusetts-department-of-mental-health>
- ◆ Bay Cove/Cape Cod and the Islands Emergency Services 24-hour access number: 1-833-229-2683, Website: <https://www.baycovehumanservices.org/emergency-services>
- ◆ National Alliance on Mental Illness of Cape Cod and the Islands, Main number 508-778-4277, Website: <http://www.namicapecod.org/Help>
- ◆ The Samaritans on Cape Cod and the Islands 1-508-548-8900, 1-800-839-990, website: <http://capesamaritans.org/>
- ◆ National Suicide Prevention Lifeline – 1-800-273-TALK or text TALK to 741841, Website: <https://suicidepreventionlifeline.org/>

## Substance Use

- ◆ Mashpee Substance Use Task Force/Mashpee Human Services 1-508-539-1411
- ◆ Alcoholics Anonymous (AA), Cape Cod and the Islands, 1-508-775-7060, Website: <http://capecodaa.net>
- ◆ Gosnold (Inpatient and Outpatient) 1-508-540-6550, 1-800-444-1554, Website: <http://www.gosnold.org/>
- ◆ High Point Treatment Center, Plymouth, 1-800-233-4478, Website: <http://www.hptc.org/index.php>
- ◆ Narcotics Anonymous 1-866-624-3578, Website: <http://www.nerna.org>
- ◆ Al Anon/Alateen Family Groups, 1-508-366-0556, email [LDCOFMA@aol.com](mailto:LDCOFMA@aol.com), Website: <http://ma-al-anon-alateen.org/contact/>
- ◆ Community Health Center of Cape Cod, 508-477-7090, Website: <https://chcofcapecod.org/services/addictions>

## Transportation

- ◆ Cape Cod Regional Transit Authority 1-800-352-7155, 1-508-385-1430, Website: <http://www.capecodtransit.org/>
- ◆ Boston Hospital Transportation (CCRTA) – 1-800-352-7155, Website: <https://www.capecodtransit.org/boston-hospital.htm>
- ◆ Mashpee Council on Aging Mini Bus, 1-508-539-1440, Website: <https://www.mashpeema.gov/council-aging>
- ◆ American Cancer Society, 1-800-227-2345, Website: <https://www.cancer.org/treatment/support-programs-and-services/road-to-recovery.html>

DISCLAIMER: The Mashpee Senior Center offers many legal, financial, recreational, medical screening or other services and/or activities by volunteer or nominal-cost practitioners. Seniors participating in these services do so with the understanding that the Mashpee Council on Aging, the Mashpee Senior Center, the Town of Mashpee or its employees do not assume any legal responsibility for any advice or services rendered by such volunteer or nominal practitioner. Any act or advice or service by outside providers at the Council on Aging should not be presumed to be endorsed and sponsored by the Council on Aging